## **OREGON**

## CANE BERRIES

Many Oregon farms offer "U-Pick" cane berries during the summer months.

In 1923, Rudolph Boysen crossed a blackberry, loganberry, and raspberry to create the boysenberry!

NUTRIENTS FOUND IN RASPBERRIES

~ Raspberries are rich in dietary fiber, which aids in digestion.

- ~ Raspberries provide an excellent source of vitamin C, which is important for a healthy immune system.
- ~ Raspberries contain high levels of phytochemicals which may have a role in preventing certain chronic diseases.

Red raspberries grow very well in the cool, marine climate of Oregon and other parts of the Pacific Northwest.

Red raspberries are

native to both Turkey

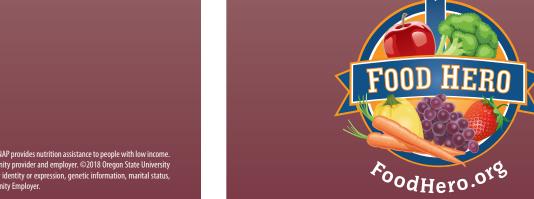
and North America.



In Oregon, peak raspberry season runs from late June to late July.



Raspberries can be red, black, or golden.





Marionberries were bred at Oregon State University and are primarily grown in Oregon.



This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2018 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.